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SOS
610 N. Silver St
Silver City, NM 88061

Medicaid ID: YIF905334444

575-956-6131
575-956-6947

Dingess, Ryan C

ID: 1000010732493 DOB: 12/13/1984

Treatment Plan (SOS)

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TREATMENT PLAN FOR RYAN C DINGESS

A treatment plan was created or reviewed today, 6/1/2023, for Ryan Dingess.

This was a 90 Day Treatment Plan.

Diagnosis:

Adjustment disorder with mixed anxiety and depressed mood, F43.23 (ICD-10) (Active)

PROBLEM / NEEDS:

Problem / Need # 1: Adjustment Disorder

Problem / Need: ADJUSTMENT DISORDER

PROBLEM: Adjustment Disorder

Ryan's adjustment disorder has been identified as an active problem that requires intervention. It is primarily evidenced by:

Anxiety/Nervousness: Details as follows:

- *Excessive Worrying
- *Impairment in Function
- *Shifting Focus of Worry
- *Hypervigilance

LONG TERM GOAL:

Ryan will stabilize anxiety level to the point where daily functioning is not impaired.

SHORT TERM GOAL(S) & INTERVENTIONS:

Short Term Goal / Objective:

Ryan will verbalize understanding of particular cognitive beliefs and messages that mediate the anxiety response, with the goal of decreasing episodes of anxiety to less than Frequency: 4 times per session Progress: Working on

Intervention:

Therapist/Counselor will provide therapy to encourage and support Ryan to develop reality based, positive cognitive messages with the goal of increasing self confidence and thereby decrease episodes of anxiety. Progress will be monitored and documented.

Intervention:

Therapist/Counselor will provide and explain anxiety scale, with the goal that Ryan will report decreased episodes of anxiety by 1 point on a self report 1-10 scale reported monthly